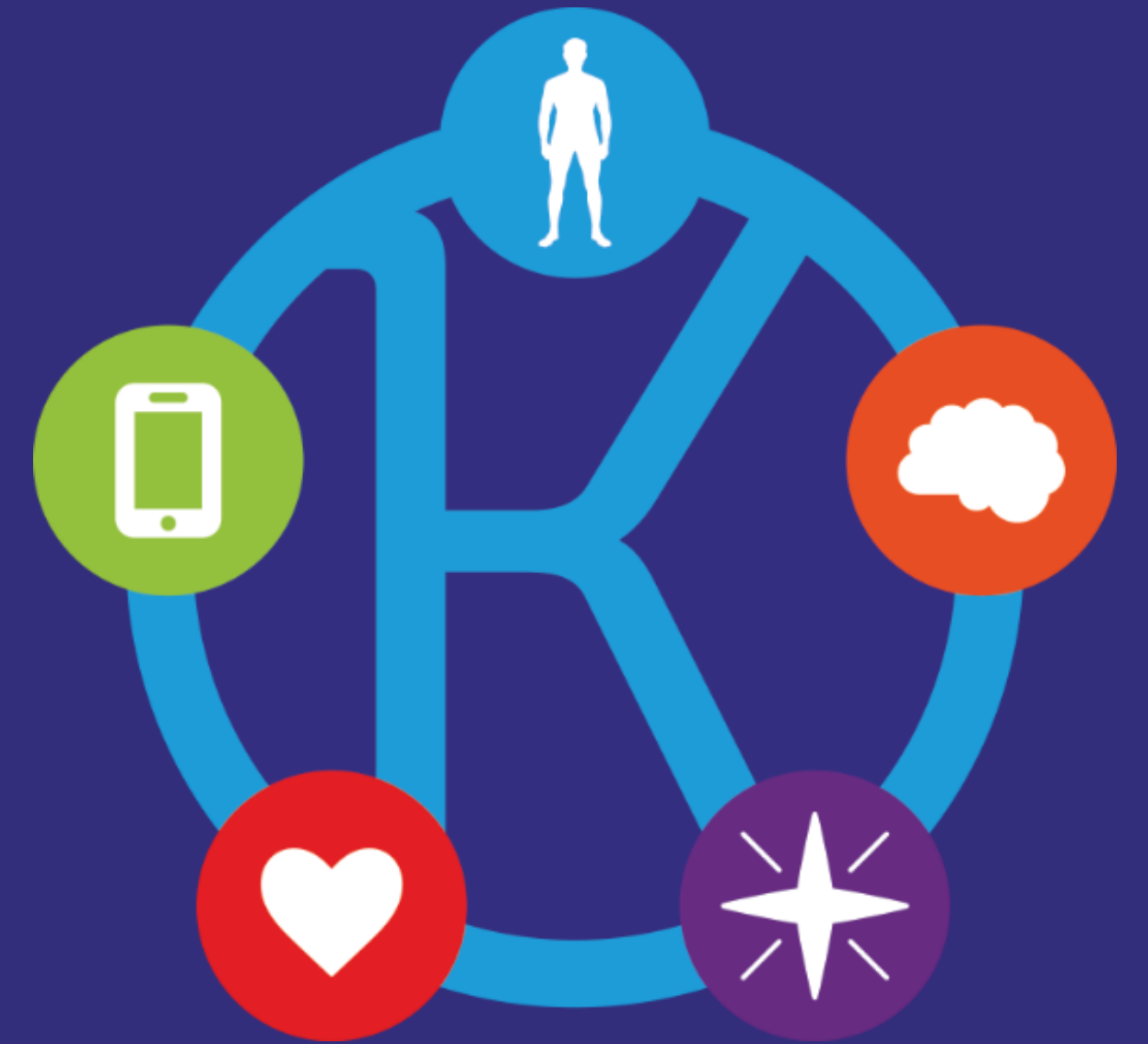




Chartered
Chartered Insurance Institute

STRESS

BY MICHAEL QUIGLEY





Chartered
Chartered Insurance Institute

FOUNDER OF KATAHOLOS

*GROWING PEOPLE TO KNOW, TO DO AND TO BE THEIR BEST
SELVES THROUGH A JOURNEY OF INTEGRITY, WHOLESOME
RELATIONSHIPS AND LOVING KINDNESS.*

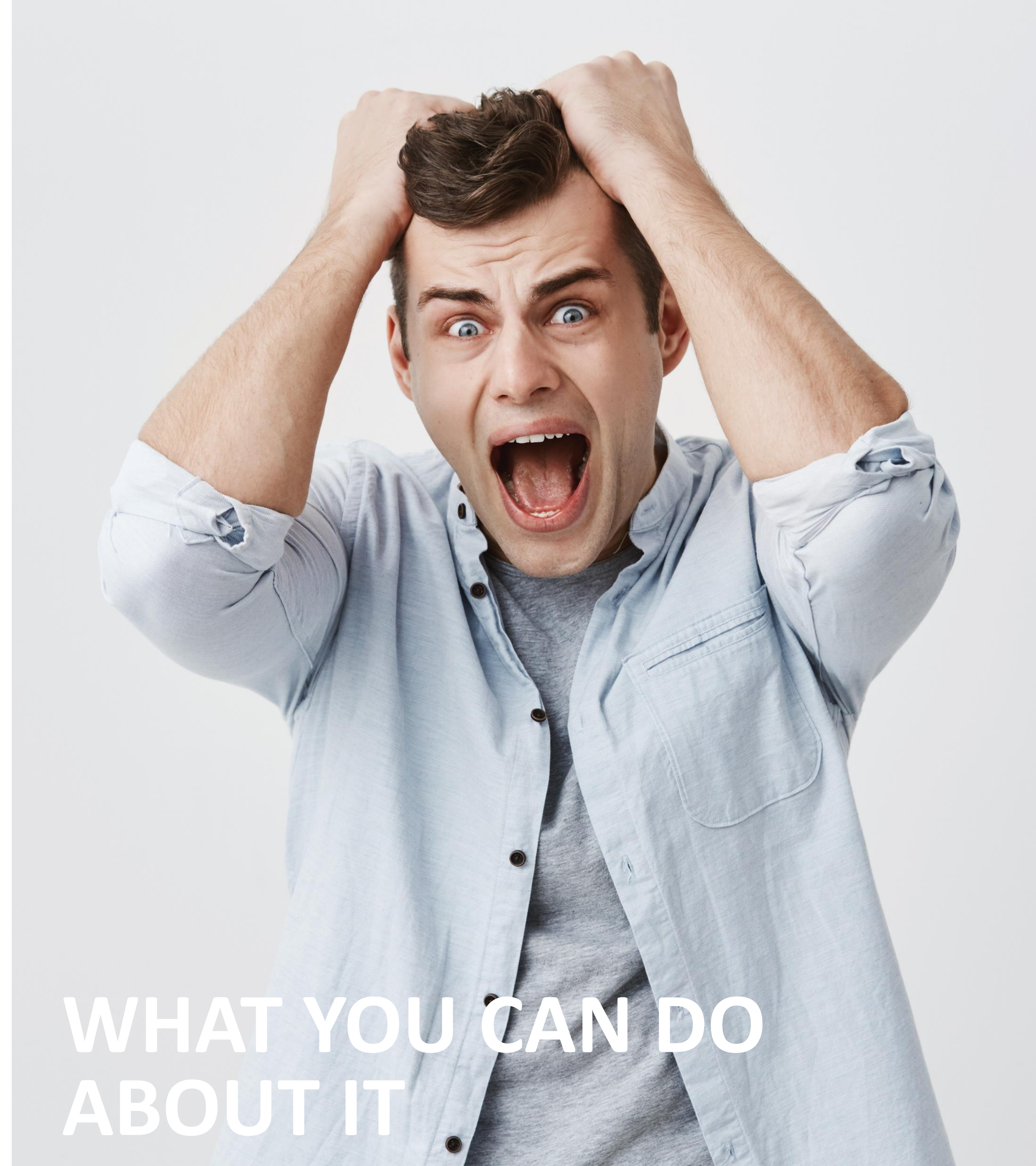




WHAT IS STRESS



HOW STRESS MANIFESTS



WHAT YOU CAN DO
ABOUT IT

TODAY WILL GIVE YOU:

1. Knowledge
2. Thinking Tools
3. Practical Tools

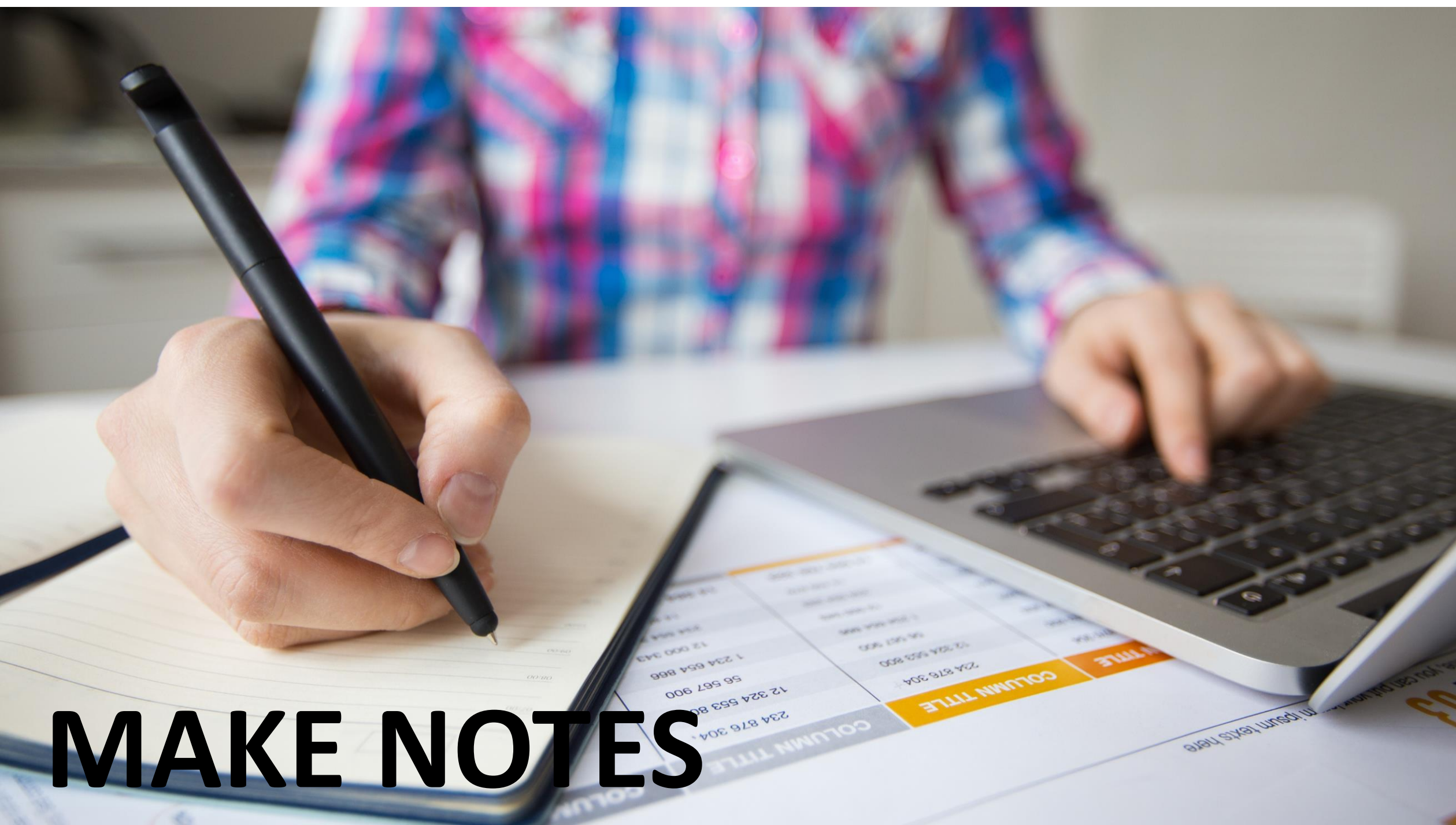


Chartered
Chartered Insurance Institute

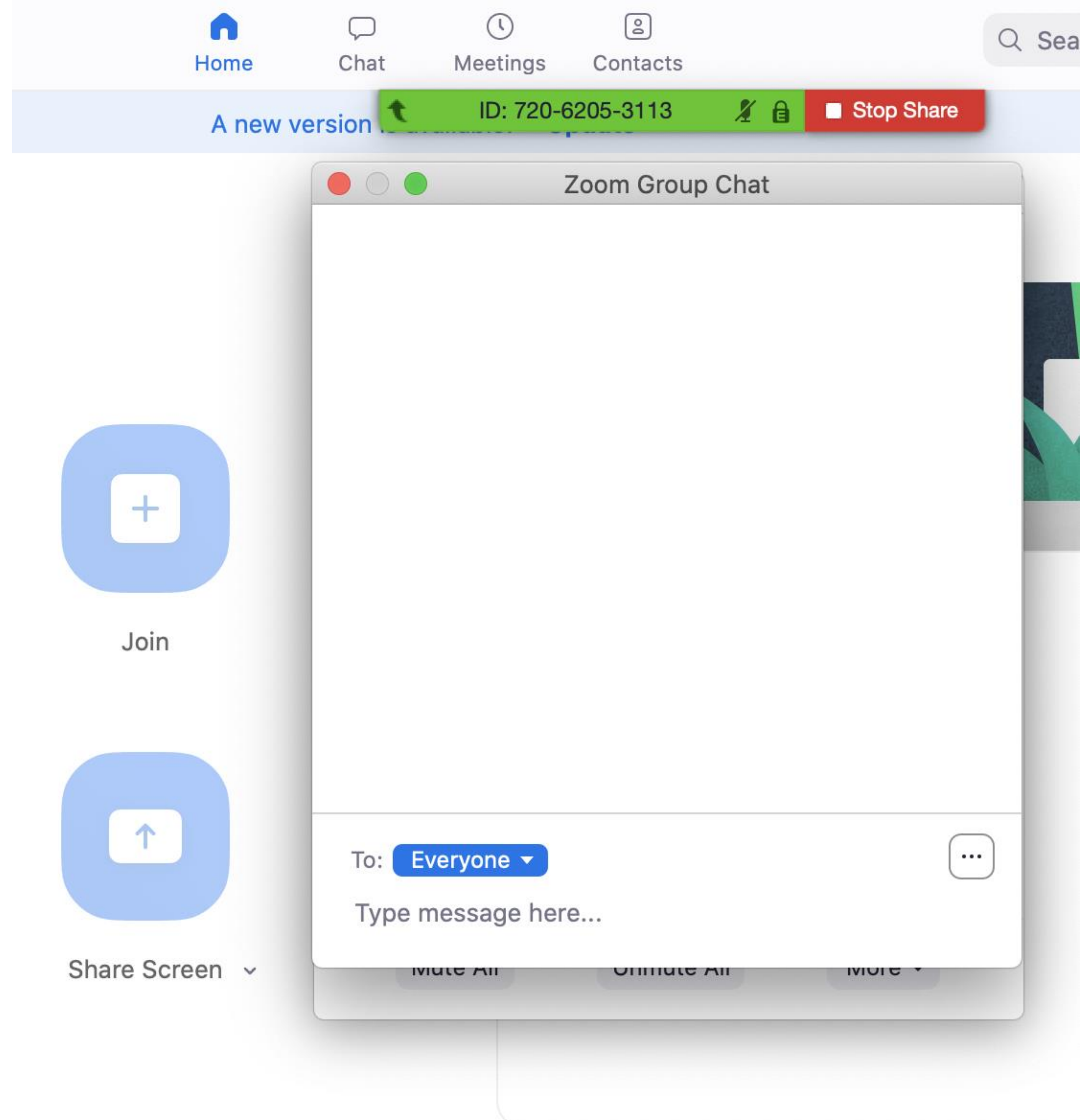




WATCH



MAKE NOTES



USE THE CHAT BOX



STRESS IN OUR LIVES

PART 1



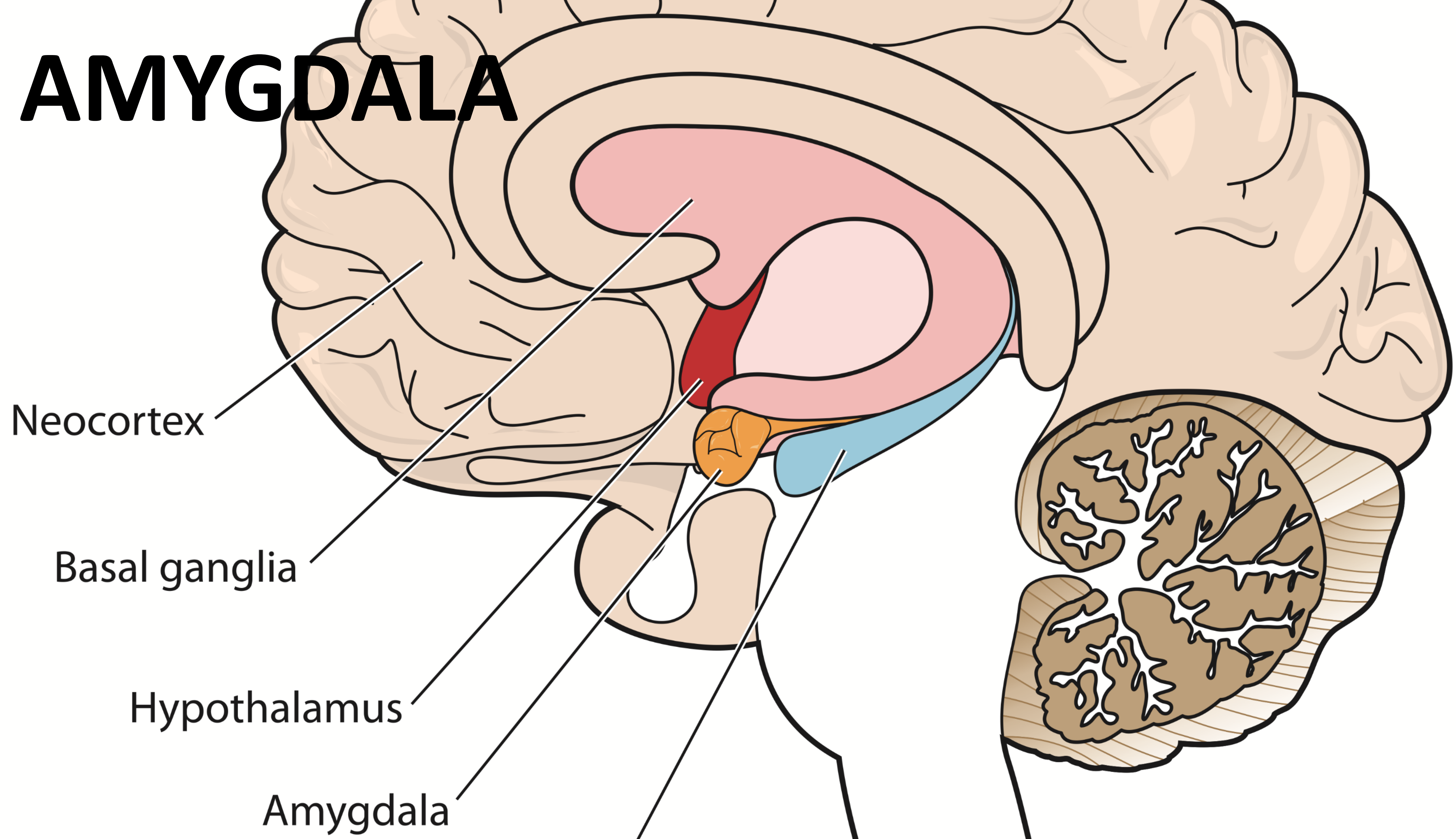
WHAT DO YOU WANT TO KNOW ABOUT STRESS?

USE THE CHATBOX FOR YOUR ANSWERS

STRESS IS...

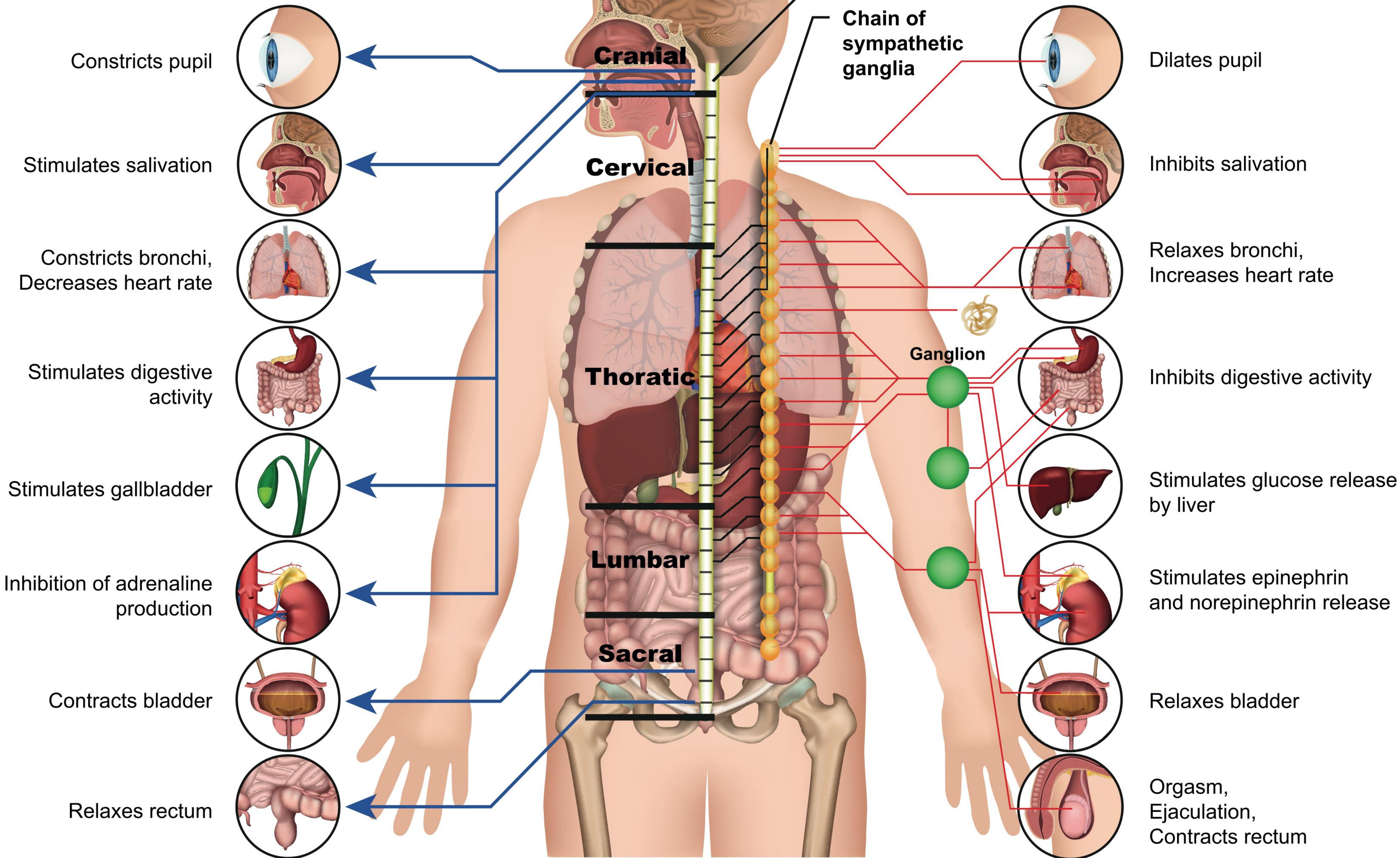
**INCONGRUENCE BETWEEN THE DEMANDS
PLACED ON AN ORGANISM AND ITS ABILITIES
TO ADAPT TO THESE DEMANDS**

AMYGDALA



Parasympathetic nervous system

Sympathetic nervous system





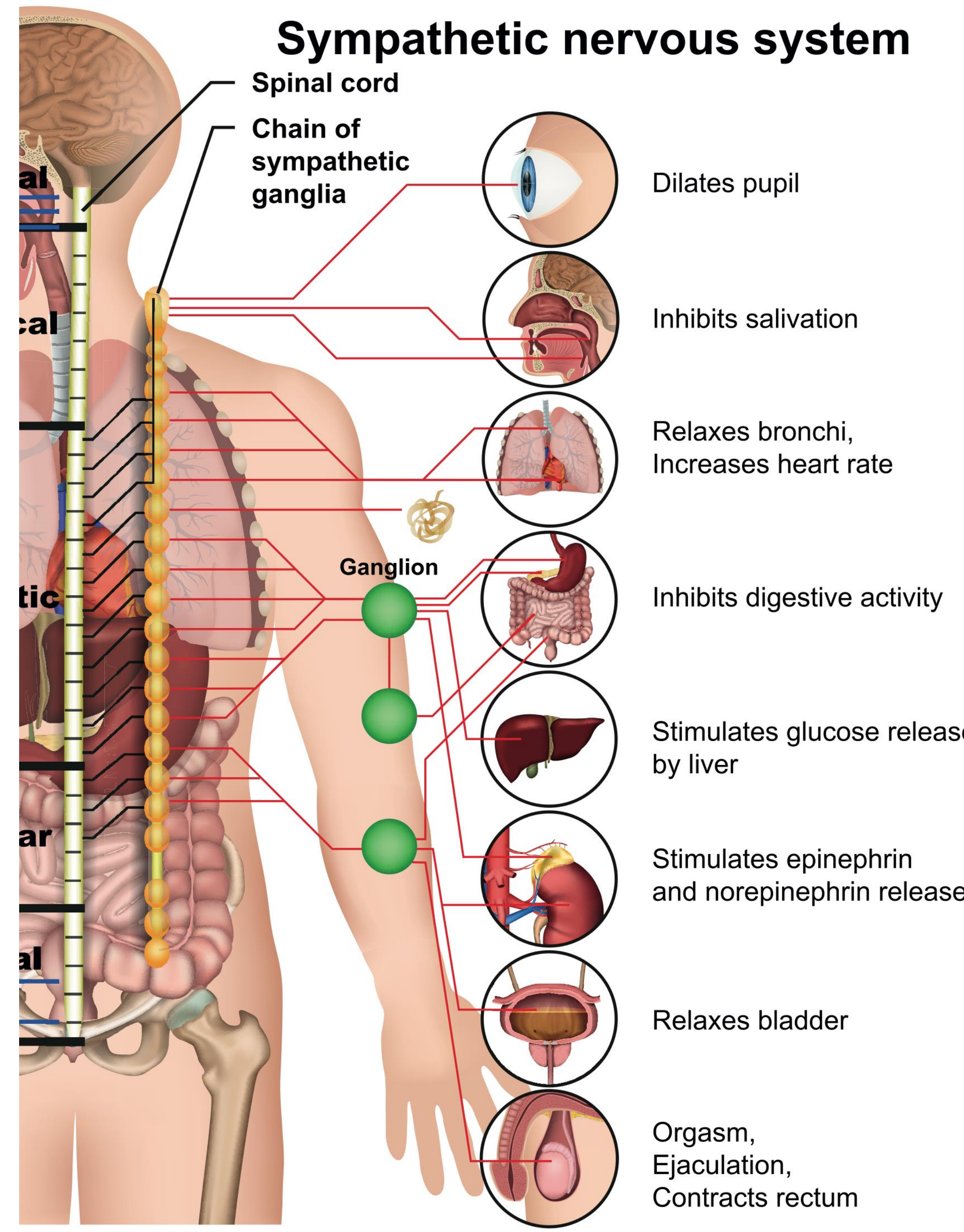
HOW DOES STRESS FEEL IN YOUR BODY AND MIND?

USE THE CHATBOX FOR YOUR ANSWER



Chartered
Chartered Insurance Institute

SYMPATHETIC NERVOUS SYSTEM





Chartered
Chartered Insurance Institute

STRESS





WHAT ARE YOUR STRESSORS?

USE THE CHATBOX FOR YOUR ANSWER



Chartered
Chartered Insurance Institute

TOXIC BATH






Chartered
Chartered Insurance Institute

MY STORY





WHAT WE CAN DO ABOUT IT

PART 2

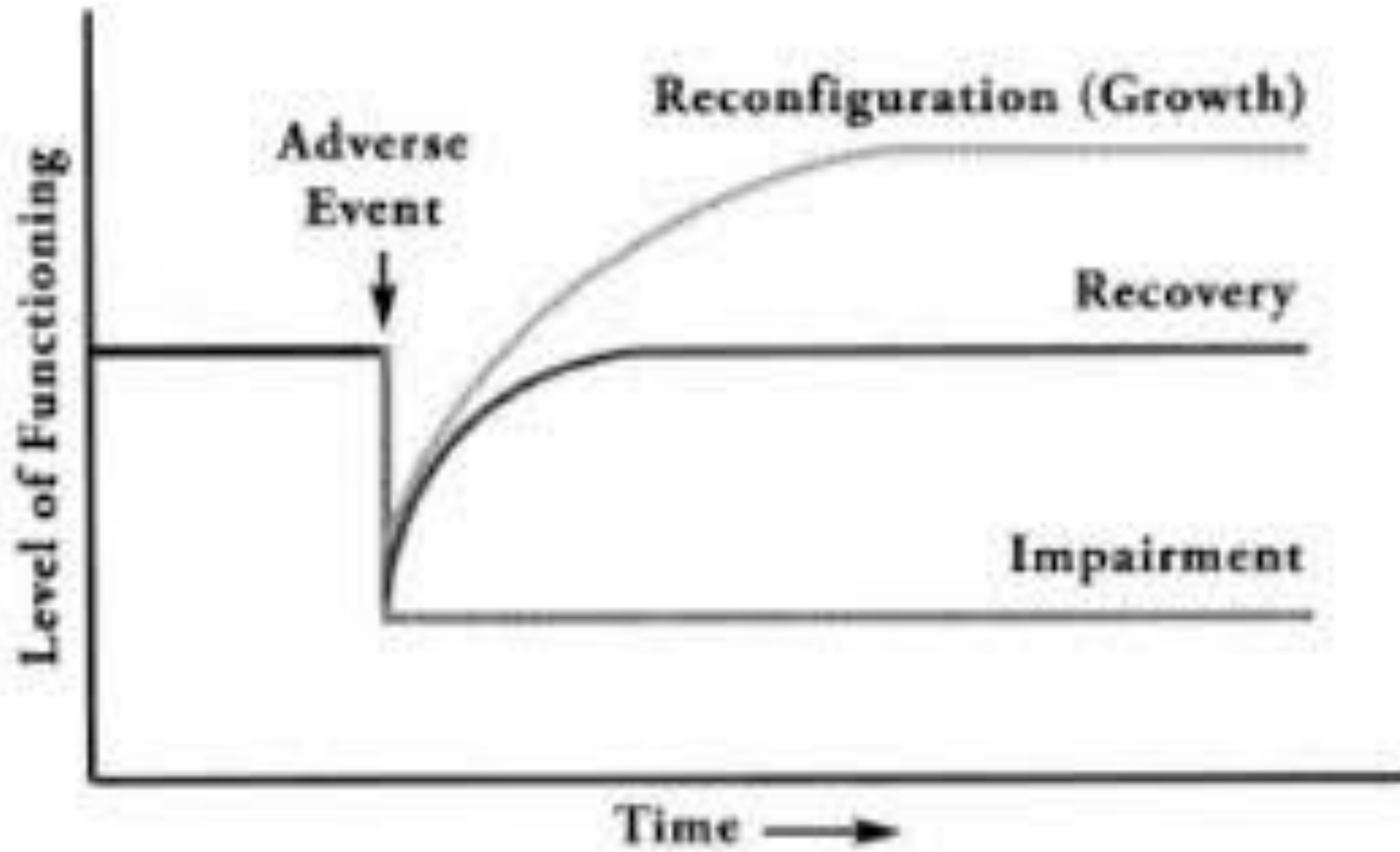


WHAT ARE SOME OF YOUR FAVOURITE ACTIVITIES TO DO?

USE THE CHAT BOX FOR YOUR ANSWER



EU STRESS & DISTRESS



POST TRAUMATIC GROWTH



Chartered
Chartered Insurance Institute

KEY POINT

YOU'RE IN CONTROL OF YOUR RESPONSE TOWARDS
STRESS AND YOUR EXPOSURE TO STRESSORS

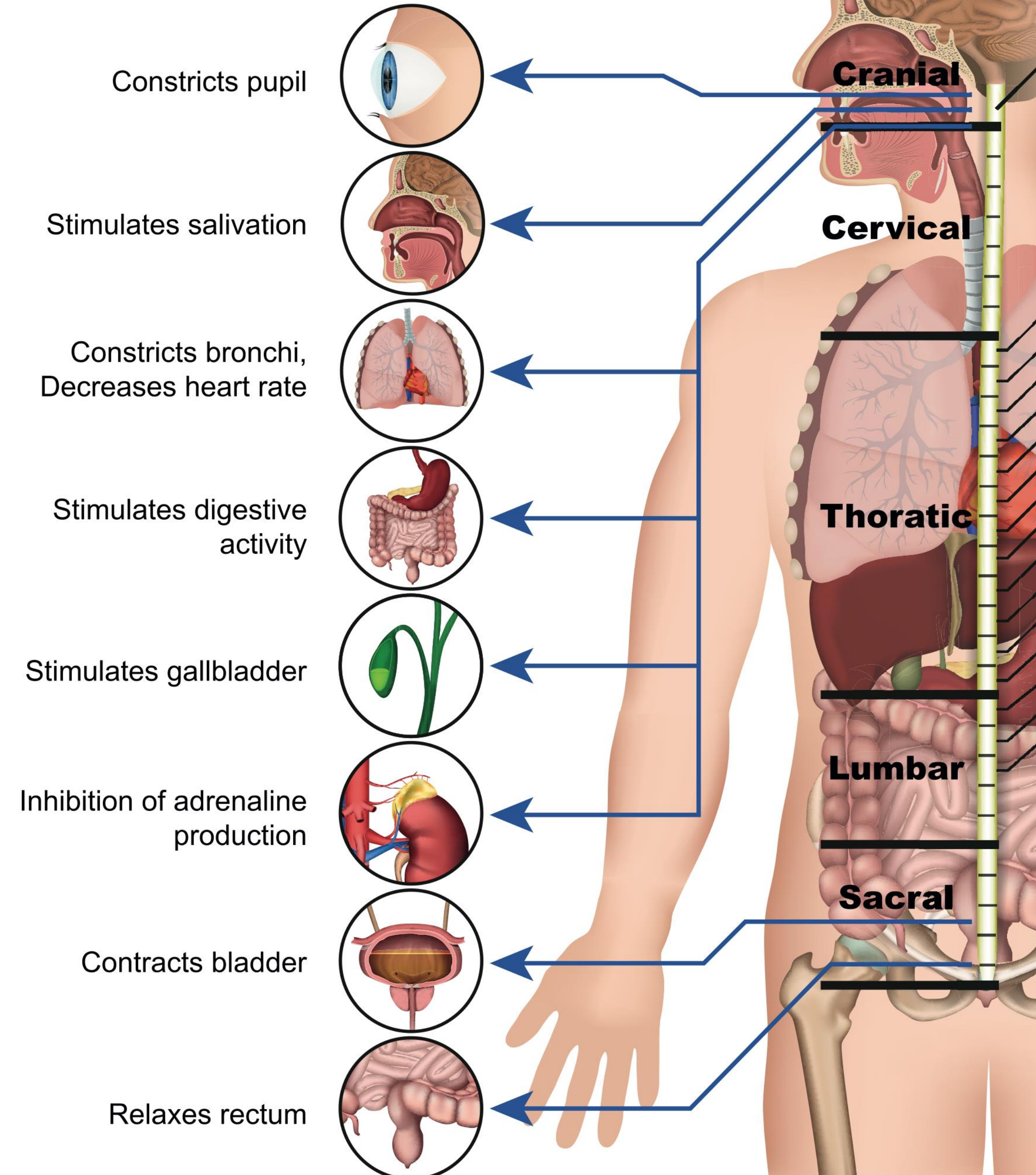




Chartered
Chartered Insurance Institute

REST & RECOVER RESPONSE

Parasympathetic nervous system





Chartered
Chartered Insurance Institute

WHICH OF THESE WOULD YOU ENJOY?





FIVE WAYS TO TAKE CARE OF YOURSELF

A collage of healthy food items arranged on a rustic wooden surface. In the center, a wooden bowl is filled with dark blueberries, with the word "BODY" overlaid in large white letters. To the right, a wooden bowl contains white almonds. In the foreground, there are two bright red tomatoes and a piece of green broccoli. To the left, a small glass bowl holds yellow oil, and a whole walnut sits nearby. In the bottom right, a wooden scoop is filled with rolled oats. The background is slightly blurred, showing more of the same ingredients.

BODY

A person with long hair, seen from behind, is sitting in a meditative lotus position on a rocky, moss-covered mountain peak. The sun is rising directly behind them, creating a strong backlight effect and lens flare. The landscape consists of rolling green hills and mountains under a sky with scattered clouds. The word "MIND" is superimposed in large, white, sans-serif capital letters over the person's back.

MIND

A low-angle shot of a person jumping over a crowd at sunset. The person is in mid-air, arms and legs spread wide, silhouetted against the bright sky. Below them, the silhouettes of a crowd's hands reaching up are visible. The sky is a mix of deep blue and golden yellow, with scattered white clouds. The word "SPIRIT" is written in large, white, sans-serif capital letters across the center of the image, partially overlapping the jumper.

SPIRIT

A close-up photograph of a person's hands holding an open, small notebook. The notebook has a light brown, textured cover and white pages. The person's left hand is holding the left side of the notebook, while their right hand holds a pen and is in the process of writing on the right page. The person is wearing a light-colored shirt with a small, dark pattern. The word "EMOTION" is overlaid in large, white, bold, sans-serif capital letters across the center of the image, partially obscuring the notebook and the person's hands.

EMOTION

Social Media

DIGITAL



Google



Facebook



Instagram



Twitter



YouTube



LinkedIn



WhatsApp



Pinterest



FlickrPhotos



BATTERY



Chartered
Chartered Insurance Institute

KEY POINT

MAKE STRESS WORK FOR YOU THROUGH

- PERCEPTION CHANGES
- EU STRESS & PHYSICAL CHANGE
- LIFESTYLE CHANGES







Chartered
Chartered Insurance Institute

YOUR RESOURCE PACK





Chartered
Chartered Insurance Institute

ANY QUESTIONS?





CONTACT MICHAEL

WWW.KATAHOLOS.CO.UK

MICHAEL@KATAHOLOS.CO.UK

